

**Who do I talk to if I am  
worried about abuse to me  
or someone else?**

If you have any concerns talk to someone you trust like a family member, staff member or a friend.



Do not speak to the person who is causing the abuse, this may make things worse.

**emh care and support  
Contacts**

Unit 2, Chesterfield Road  
Holmewood, : **01246 599 999**

or contact

[centralhub@emhcareandsupport.org.uk](mailto:centralhub@emhcareandsupport.org.uk)

**Contacts**

**Emergency Duty Teams**

**Social Care Out of Hours**

Nottinghamshire County Council

**0300 456 4546**

Nottingham City Council

**0115 876 1000**

Leicester City Council

**0116 255 1606**

Leicestershire County Council

**0116 255 1606**

Northamptonshire County Council

**01604 626938**

Derbyshire County Council

Out of hours Team **01629 532 600**

Derby City Council **01332 640777**

Careline **01332 786 968**

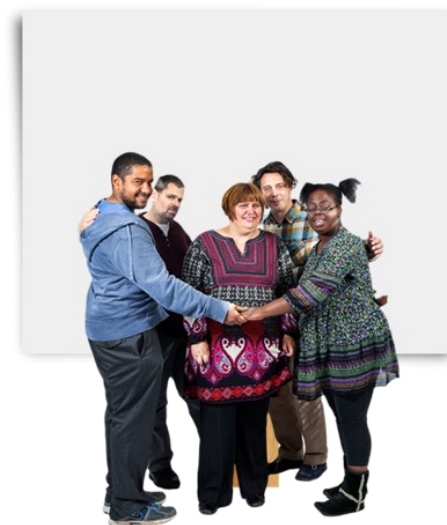
**Police**

**For Emergency's call 999**

For Non Emergency's call **101**

 emh care & support

**Safeguarding  
Guidance**



An Easy Read Version



At emh care and support all staff members have a legal duty to report any concerns regarding Safeguarding's.

This leaflet is designed to give you guidance on what a Safeguarding is and what you can do to report this.



### What is Safeguarding?

Safeguarding is the protection of vulnerable adults or children from harm or abuse.

### What is Abuse?

Abuse is when a person or a group of people hurt you, frightens you or treats you badly.

Abuse is wrong and should never be allowed or tolerated.



Abuse can happen to anyone, anytime, at any place.

Abuse can make you feel scared, sad, angry, stressed or worried.



### What are the types of abuse?



Physical

Sexual

Financial



Psychological

Neglect

Discriminatory



Institutional

Domestic

Modern Slavery

Self Neglect



### What are your rights?

Every individual has rights and they are protected by the law.

One of the most important rights is the right to feel safe.